

**WHAT IS CLAIMED IS:**

1. An apparatus and method for selectively or contemporaneously tenderizing and marinating meats or other selected food items, said apparatus comprising:  
5 a bag comprising a mechanical tenderizing surface disposed therewithin.
2. The apparatus of Claim 1, wherein said bag is formed  
10 from a non-porous plastic.
3. The apparatus of Claim 1, wherein said bag is reversible or invertible.
- 15 4. The apparatus of Claim 1, wherein said bag comprises at least one opening.
5. The apparatus of Claim 4, wherein said at least one opening is selectively sealable via a repeatably resealable  
20 mechanism selected from the group consisting of rib-and-groove mechanisms, ties, snap mechanisms, hook-and-loop fasteners, zippers, grommet-and-tie assemblies, and rib-and-groove mechanisms incorporating slide bars to

facilitate cooperative engagement of the rib-and-groove mechanism.

6. The apparatus of Claim 4, further comprising at least  
5 one sealed side.

7. The apparatus of Claim 6, wherein said at least one  
sealed side is selected from the group consisting of  
hermetically sealed sides, single-seamed sides, and pleated  
10 sides.

8. The apparatus of Claim 4, further comprising at least  
one selectively sealable side comprising a repeatably  
resealable mechanism selected from the group consisting of  
15 rib-and-groove mechanisms, ties, snap mechanisms, hook-and-  
loop fasteners, zippers, grommet-and-tie assemblies, and  
rib-and-groove mechanisms incorporating slide bars to  
facilitate cooperative engagement of the rib-and-groove  
mechanism.

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9. The apparatus of Claim 1, wherein said mechanical  
tenderizing surface is integrally formed with said bag.

10. The apparatus of Claim 9, wherein said mechanical tenderizing surface is selected from the group consisting of tenderizing teeth, "blunted" pyramidal-shaped tenderizing teeth, spikes of any selected angular  
5 dimension, rounded protuberances, dulled protuberances, tenderizing teeth of varying or alternating size, tenderizing teeth of varying or alternating height, tenderizing teeth of varying or alternating thickness, tenderizing teeth of varying or alternating angular  
10 dimension, tenderizing teeth of varying or alternating dispersion, tenderizing teeth of varying or alternating concentration, tenderizing teeth of varying or alternating pattern, tenderizing teeth of varying or alternating grouping, flat tenderizing surfaces, and combinations  
15 thereof.

11. The apparatus of Claim 9, wherein said mechanical tenderizing surface is at least partially disposed on at least one inner surface of said bag.

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12. The apparatus of Claim 1, wherein said mechanical tenderizing surface is in the form of a removably interchangeable tenderizing plate, said tenderizing plate

comprising a mechanical tenderizing surface at least partially disposed thereon.

13. The apparatus of Claim 12, wherein said mechanical  
5 tenderizing surface is selected from the group consisting  
of tenderizing teeth, "blunted" pyramidal-shaped  
tenderizing teeth, spikes of any selected angular  
dimension, rounded protuberances, dulled protuberances,  
tenderizing teeth of varying or alternating size,  
10 tenderizing teeth of varying or alternating height,  
tenderizing teeth of varying or alternating thickness,  
tenderizing teeth of varying or alternating angular  
dimension, tenderizing teeth of varying or alternating  
dispersion, tenderizing teeth of varying or alternating  
15 concentration, tenderizing teeth of varying or alternating  
pattern, tenderizing teeth of varying or alternating  
grouping, flat tenderizing surfaces, and combinations  
thereof.

20 14. The apparatus of Claim 1, further comprising a  
stoppered drainage spout carried by said bag.

15. An apparatus and method for selectively or contemporaneously tenderizing and marinating meats or other selected food items, said apparatus comprising:

5 a bag comprising a mechanical tenderizing surface at least partially disposed on and integrally formed with at least one inner surface of said bag.

16. The apparatus of Claim 15, wherein said bag is formed from a non-porous plastic.

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17. The apparatus of Claim 15, wherein said bag is reversible or invertible.

18. The apparatus of Claim 15, wherein said bag comprises  
15 at least one opening.

19. The apparatus of Claim 18, wherein said at least one opening is selectively sealable via a repeatably resealable mechanism selected from the group consisting of rib-and-groove mechanisms, ties, snap mechanisms, hook-and-loop  
20 fasteners, zippers, grommet-and-tie assemblies, and rib-and-groove mechanisms incorporating slide bars to

facilitate cooperative engagement of the rib-and-groove mechanism.

20. The apparatus of Claim 18, further comprising at least  
5 one sealed side.

21. The apparatus of Claim 20, wherein said at least one  
sealed side is selected from the group consisting of  
hermetically sealed sides, single-seamed sides, and pleated  
10 sides.

22. The apparatus of Claim 18, further comprising at least  
one selectively sealable side comprising a repeatably  
resealable mechanism selected from the group consisting of  
15 rib-and-groove mechanisms, ties, snap mechanisms, hook-and-  
loop fasteners, zippers, grommet-and-tie assemblies, and  
rib-and-groove mechanisms incorporating slide bars to  
facilitate cooperative engagement of the rib-and-groove  
mechanism.

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23. The apparatus of Claim 15, wherein said mechanical  
tenderizing surface is selected from the group consisting  
of tenderizing teeth, "blunted" pyramidal-shaped

tenderizing teeth, spikes of any selected angular dimension, rounded protuberances, dulled protuberances, tenderizing teeth of varying or alternating size, tenderizing teeth of varying or alternating height, 5 tenderizing teeth of varying or alternating thickness, tenderizing teeth of varying or alternating angular dimension, tenderizing teeth of varying or alternating dispersion, tenderizing teeth of varying or alternating concentration, tenderizing teeth of varying or alternating 10 pattern, tenderizing teeth of varying or alternating grouping, flat tenderizing surfaces, and combinations thereof.

24. The apparatus of Claim 15, further comprising a 15 stoppered drainage spout carried by said bag.

25. A method of selectively or contemporaneously tenderizing and marinating meats or other desired food items without the proliferation of harmful bacteria 20 resulting from the leakage and/or splatter of raw meat juices, particulate, or the like, said method comprising the step of:

a. obtaining a bag comprising a mechanical tenderizing surface disposed therewithin; and,

b. placing the meat or other desired food item within said bag for tenderizing same.

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26. The method of Claim 25, further comprising the step of selectively introducing a marinade within said bag.

27. The method of Claim 25, further comprising the step of  
10 releasable sealing at least one opening of said bag via a  
repeatably resealable mechanism carried by said at least one  
opening, said repeatably resealable mechanism selected from  
the group consisting of rib-and-groove mechanisms, ties,  
snap mechanisms, hook-and-loop fasteners, zippers, grommet-  
15 and-tie assemblies, and rib-and-groove mechanisms  
incorporating slide bars to facilitate cooperative  
engagement of the rib-and-groove mechanism.

28. The method of Claim 27, further comprising the step of  
20 of repeatably striking and pounding said bag via one's  
palm, fist, or other blunt object, to forcefully drive said  
mechanical tenderizing surface into the meat or other  
desired food item to tenderize same.



29. The method of Claim 27, wherein said mechanical tenderizing surface is selected from the group consisting of tenderizing teeth, "blunted" pyramidal-shaped tenderizing teeth, spikes of any selected angular dimension, rounded protuberances, dulled protuberances, 5 tenderizing teeth of varying or alternating size, tenderizing teeth of varying or alternating height, tenderizing teeth of varying or alternating thickness, tenderizing teeth of varying or alternating angular dimension, tenderizing teeth of varying or alternating 10 dispersion, tenderizing teeth of varying or alternating concentration, tenderizing teeth of varying or alternating pattern, tenderizing teeth of varying or alternating grouping, flat tenderizing surfaces, and combinations 15 thereof.

30. The method of Claim 29, wherein said mechanical tenderizing surface is at least partially disposed on at least one inner surface of said bag.